

FIRST ANNIVERSARY NUMBER, 43,000 COPIES

UNITY

DAILY
DROW

JULY, 1925

IN THIS ISSUE:

"The Way of Silence"

There is a truth about life that, when realized in the heart of man, is sufficient to liberate his soul. Liberty.

Unity Village
Lee's Summit, Missouri 64063

A monthly manual of daily studies
in Christian metaphysics
10 cents a copy

LINES TO THE FLAG

F. B. WHITNEY

Thou, treasure of a country's men,
Art but the symbol of their ken;
We love thee much, but love the more
The thought that put thee to the fore.

Our banner first shown to the world
Was in the heart of man unfurled;
In his mind's eye he saw it wave,
A symbol of the true and brave.

The red and white, the starry field,
Remind us that we must not yield
To cowardice, enslaving thought,
But stand for freedom full or naught.

Brave patriots of another day,
We think of you, the flag, and say:
"We, too, will be both brave and true,
As best becomes the flag and you."







UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

UNITY SCHOOL OF CHRISTIANITY

917 Tracy, Kansas City, Missouri

F. B. WHITNEY, *Editor*

Vol. III KANSAS CITY, MO., JULY, 1925 No. 1

Beginning with the week of July 6, we shall devote six weeks to the six steps in consciousness upon which creation rests: Light of Understanding, Faith, Imagination, Will, Judgment, Love. The lessons are adapted to the needs of various types of students of Unity Daily Word. The following reference to the six steps or degrees, taken from one of the Unity textbooks, is of interest:

"First, the mind perceives and affirms Truth to be a universal Principle. Second, faith in the working power of Truth is born to consciousness. Third, Truth takes definite form in mind. Fourth, the will carries Truth into acts. Fifth, discrimination is quickened and the difference between Truth and error discerned. Sixth, every thought and word is expressed in harmony with Truth."

LESSON SUBJECTS

July 1 to 4, Freedom:

Freedom of the Self; Freedom and Prosperity;
Freedom Through Love; Giving Others Freedom.

July 6 to 11, Light of Understanding:

Revelation; Inspiration and Development;
Health; Resourcefulness; Power; Demonstration.

July 13 to 18, Faith:

Understanding; Development; Blind Faith and
Health; The Unseen; Belief; Faith Always Works.

July 20 to 25, Imagination:

Inner Vision; Divine, not Personal; Steadfast-
ness; Good and Evil; The I AM; Perfection.

July 27 to 31, The Will:

Definition, Free Will; Self-will; Dominion
Through Will; Doing God's Will.

Sample copies will be sent free by the publishers to any address.
Single copies, at news stands, 10 cents. Subscription, \$1 a year.

Entered as second-class matter June 13, 1924, at the post office at
Kansas City, Missouri, under the act of March 3, 1879.

Accepted for mailing at special rate of postage provided for in sec-
tion 1103, act of October 3, 1917, authorized June 13, 1924.

When changing address, mention the names of the various Unity
publications to which you are a subscriber.

WEDNESDAY, JULY 1

Word for Today: *I realize my unlimited freedom and I am free to express as God in me directs.*

Every living soul has an inherent right to freedom of choice, a right to live out his life in his own way.—*Miscellaneous Writings.*

Today realize your unqualified freedom. Let there be no thought that anything or any one can hold you in bondage. One is limited only by his limited thinking. He binds himself when he believes that he is under bondage to people or to things. His freedom depends upon his consciousness of freedom.

Your right to free expression is God-given. You must be free to express God. Your life can be well rounded only when God within you is freely expressed through you and in you.

Consciousness of freedom delivers one from all self-imposed bondage and restrictions. One must be free from belief in bondage before he can be free.

Take up any belief that seems to hold you in bondage and clear your mentality of it. Deliver yourself from the belief that another can make you unhappy or can limit your progress. Free yourself from the belief that anything external can restrict you in any way or can interfere with your full freedom.

"Is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free, and that ye break every yoke?"

THURSDAY, JULY 2

Word for Today: *I am no longer anxious about prosperity. I am free in finances.*

Then through the mental freedom which your mind recognizes, there flows to you and those in whom you are interested greater resources from unlooked-for directions.—*Christian Healing.*

In the Sermon on the Mount, Jesus taught freedom from financial worries. Applying his teachings, we relax from mental tension and let prosperity express in and through us. In the depths of our consciousness, the mind of God becomes active and expresses through us. All our affairs come under the direction of God and thereby are prospered.

Take the worry clamps off your mentality and you will make the poverty clamps loosen up on your finances. Your affairs are so closely related to your consciousness that they too will relax into peace, order, and plenty. Divine ideas in your spiritual consciousness will become active in your business and will work out as your abundant prosperity.

Prosperity is not limited to time or to place. It manifests when and where there is consciousness to establish it. It is attracted to the consciousness that is free from worry, strain, and tension.

Probably you have dissipated much time daily; spend as much time daily in knowing the truth and in establishing order in your financial affairs.

"Be not anxious for your life, what ye shall eat, or what ye shall drink."

FRIDAY, JULY 3

Word for Today: *Divine love frees me from all bondage to personality and to personal consciousness.*

We have taken only the first steps out of the Egyptian bondage of selfishness, lust, and sorrow, toward the land of liberty where perfect love and all good reign.—*Lessons in Truth.*

Deliver yourself from bondage to personal consciousness. All the emotions and feelings that center around people must go. You will not look to them for either satisfaction or joy when your love is transmuted into divine love. Divine love is the great liberator. It sets men free when all else fails.

All the petty jealousies and ill feelings of the personal man are put to flight before divine love. When you feel an inclination to see one in the personal light, turn to your spiritual consciousness. Cease all thought of the personal and meditate upon love. Realize the universality of love; realize its all-inclusiveness, never its exclusiveness.

Think of what love has done to liberate man from hate, envy, and fear. Think of how love has asserted itself in the most trying situations and has caused itself to be established.

Think of love right now as in your midst and as clearing your consciousness of all darkening thought. See love infolding you.

"Because he hath set his love upon me, therefore will I deliver him."

SATURDAY, JULY 4

Word for Today: *I rejoice to know that all people everywhere are free in the freedom of Spirit.*

Your dear ones must have the liberty to live out their own lives, and you must let them, or else you are the one who puts off the day of their salvation. —*Miscellaneous Writings.*

Your attempt to hold others to your personal opinions as to what they should do shows that you have not a consciousness of freedom. One has not fully realized freedom until, in addition to his own personal freedom, he has realized the freedom of all mankind.

Delight in seeing others free. Rejoice in every evidence that another has found freedom. Do what you can to stimulate his consciousness of freedom.

As a nation, the United States has enjoyed freedom for almost a century and a half. We have a strong consciousness of national freedom. It would seem almost impossible for this consciousness of freedom to be overthrown and for the nation to lose its freedom.

This sense of national freedom yields a very splendid lesson for the individual. It stimulates him to arrive at a consciousness of freedom for self and others that will always be found impregnable to the onslaughts of belief in bondage. Hold steadfastly to your consciousness of freedom.

"Loose him, and let him go."

SUNDAY, JULY 5

Word for Today: *I welcome the movement of Spirit upon my consciousness, and my mind and my body are flooded with light.*

Let him not oppose the construction of the temple which Spirit builds . . . Let us, each one of us, see to it that this opposition to Christ and his methods is not found within us.—*Christian Healing.*

When Barnabas and Saul went forth ministering in the name of the Lord, they encountered Bar-Jesus, the sorcerer. This man opposed their teachings and closed his consciousness to Spirit. He refused to see the truth and his sight left him.

Resistance and opposition within us cause our good to be turned aside; they darken our whole mental outlook and, as a result, both mind and body are darkened. We must turn away from the sense of opposition and turn to the truth which Spirit gives us.

Welcome every new idea; do not oppose or fight it. Very often what seems undesirable at first is found to be most desirable and most helpful.

One can entertain an idea without making it part of his consciousness. Only when we accept an idea as true does it become a part of us.

Be ready when Truth breaks upon your consciousness in its fullness; a flood of light will break forth through your consciousness to all parts of your body.

"Guard that which is committed unto thee, turning away from . . . oppositions of the knowledge."

MONDAY, JULY 6

Word for Today: *The light of Truth illumines the innermost part of my being and reveals all things to me.*

Understanding is a spiritual birth, a revelation of God within the human soul.—*Lessons in Truth.*

When the light of Christ dawns upon your consciousness you are regenerated; the old existence with its mistakes and ignorance gives way to the new life in Christ; you know the spiritual truth about yourself and about all things.

Learn to rely upon spiritual understanding to make your way clear. Whatever the problem, let its solution be revealed to you through the higher mental and spiritual forces.

Expect the inner light to scatter the darkness of every hindering belief. Through the Christ light you can perceive the truth about any situation. When you are in the light, there are no shadows, no indecisions. The light reveals to you all that you need to know. The light of the infinite reveals to man an understanding which removes all belief in finite things.

Spiritual revelation shows man his godhood. It causes man to see things through the vision of the Christ and to act in accordance with the wisdom of God. It dispels the race belief that man is limited in his understanding.

"Behold, thou desirest truth in the inward parts;
And in the hidden part thou wilt make me to know
wisdom."

TUESDAY, JULY 7

Word for Today: *The light of Christ quickens and inspires me.*

Quicken the spiritual realm of consciousness, and bring about the "inspiration of the Almighty" that gives understanding.—*Christian Healing.*

Take the attitude that your understanding is being quickened and that you are constantly being inspired to know more of Christ. See yourself developing and growing in spiritual consciousness. See yourself inspired by spiritual truth.

We develop spiritually when we cease giving thought to mortal limitation. We grow spiritually when all our thought is given to spiritual things.

For one to be quickened is to have his consciousness moved upon by spiritual forces, to feel in the depths of his being the movement of Spirit.

Do not think of spiritual inspiration as something mysterious or uncanny. When you know the spiritual truth about any situation, you are inspired with truth. Do not think of spiritual inspiration as belonging entirely to religion or to religious things. The truth about your daily affairs is also part of the great universal truth.

When you are inspired to do that which is good and loving and true, you are quickened of Spirit. Each time you give yourself to spiritual quickening, you make it easier for the next inspiration to come to you.

"Then opened he their understanding" (A. V.).

WEDNESDAY, JULY 8

Word for Today: *I realize the truth that God is my health here and now.*

If he has learned how to take the desired gift, by uncompromising affirmation that it is his already, he will get understanding or realization of God as his perfect health.—*Lessons in Truth.*

If one understands truth in its entirety, he understands the truth about his whole being. He cannot study spiritual truth and fail to grasp the truth about health and wholeness. When he realizes the truth of his sonship with God and that God is perfection and wholeness, he realizes that he too is perfect and whole.

Health is but the result of spiritual understanding. It is the natural consequence of having realized the truth. When man perceives that he is perfectly healthy, he objectifies health in his body.

Health is yours here and now if you only realize this fact. Those who succeed in demonstrating health after months of metaphysical treatment have simply succeeded in getting the clear realization about health. You can get the clear realization today just as well as you can weeks or months later.

Keep uncompromisingly to the truth and you may be assured that it will become externalized in your body. It will manifest as perfect health when you have clearly perceived your health in perfection. Health will come when the perfect realization comes.

"Give me understanding, and I shall live."

THURSDAY, JULY 9

Word for Today: *Conscious of spiritual truth, I am resourceful and master of every situation.*

Know within yourself that the spring of all wisdom and health and joy is within your own being, ready at any moment to spring forth at the call of your need.—*Lessons in Truth.*

Spiritual understanding lends itself to every situation. If you need joy, prosperity, or intelligence look to Spirit within. Whatever man needs is within him. He has within him that which is his joy and is joy-producing. He has within him that which will make him prosperous and successful.

Being resourceful, you cannot lack any good thing. You cannot be impoverished or limited in finances. Not only do you know that there is abundance for every need but you also have the ability to bring that abundance into manifestation.

The wisdom of your indwelling Spirit is mighty to direct you aright in every situation. Whatever your problem or whatever the demand, the wisdom of Spirit is equal to the occasion.

Spiritual understanding is understanding of things as they are seen by God omniscient! This understanding is yours when you clear your mentality of the fog of ignorance and claim absolute truth as the truth of your being.

"Wisdom and knowledge is granted unto thee; and I will give thee riches, and wealth, and honor."

FRIDAY, JULY 10

Word for Today: *Through the power of Christ within, I have all power and authority.*

The coming of the Comforter to their hearts and lives, giving them power over every form of sin, sickness, sorrow, and even over death itself, is exactly what we mean by understanding or realization.—*Lessons in Truth.*

A realization of the Christ truth gives us all necessary power, and makes us understand our power to overcome every kind of limitation.

Be an overcomer! Dispel from your life every form of limitation, by establishing a powerful consciousness of Truth. When adversity comes your way, it will not be able to overthrow your strong spiritual consciousness; it will be overcome and defeated.

Jesus overcame all manner of things because his spiritual consciousness was powerful. Sin and disease were obliterated by it; death was overthrown; the power of the material world became powerless.

Jesus Christ is typical of every man of God. Each one can rise to the Christ consciousness and do the works of the Christ. His power to overcome is infinite. His power is the power of omnipotence.

Through the power of Christ within, you have power to change all situations to good. You can transform every circumstance and make it yield good.

Power and authority and might are yours. Meet every situation with a realization of your power.

"He had power with God."

SATURDAY, JULY 11

Word for Today: *In all my ways I demonstrate the wisdom and power of God.*

Make your mind receptive to the clearer understanding which will surely appear when you have taken sides with Spirit, when you look to it alone for the outworking of the problem.—*Christian Healing.*

Do not be so charmed by the beauty of truth that you neglect to see its practical side. Remember that truth is not for admiration; it is for use and demonstration.

Spiritual understanding reveals itself to you when you make contact with the inner forces. Truth is demonstrable and scientific.

Those who testify to the working of spiritual law have perceived the demonstrability of spiritual truth. Spiritual truth is so real to them that their diseases lose reality.

Students of Unity Daily Word are making practical application of the truths that are taught them. The discipline of giving themselves to constructive thought is showing in their lives and their affairs.

When a new truth comes to you make it a part of your consciousness and make it show forth in the outer. Let it make your life a little richer because of your having admitted it to consciousness. Be healthier, happier, and freer because of the truth.

"A good understanding have all they that do *his commandments.*"

SUNDAY, JULY 12

Word for Today: *Knowing man's spiritual unity with man, I see all men unified in Truth.*

Help break down all seeming "middle walls of partition," even as Christ, the living Christ, does in reality break down or destroy all real walls of partition.—*Lessons in Truth.*

The Jews did not wish to have the Gentiles share in the teachings of Paul. Paul recognized the spiritual unity of all people and he gave the Truth to such as would receive it. He wasted no time upon those who did not care for Truth.

Many societies, although religious in their nature, are inclined to be unfriendly to those who are not members. Any organization that causes its members to turn against those of another faith is not expressing according to Spirit. The world is not in need of any society or church that magnifies differences and nonessentials. We need a unification of those who unite in Christian essentials and Christlike principles. Any denomination that does not recognize the good in others is not founded upon Christ.

The man who has been illumined by Spirit is never iconoclastic or clannish. He neither destroys nor separates. His work is to construct and to unify.

"I beseech you, brethren, through the name of our Lord Jesus Christ, that ye all speak the same thing, and *that* there be no divisions among you; but *that* ye be perfected together in the same mind."

MONDAY, JULY 13

Word for Today: *I have faith in myself and in all that I undertake.*

To your faith add understanding.—*Christian Healing.*

Understand yourself, know what you are doing, be conscious of the power of the higher forces to work through you, and you can very easily have faith in yourself. When faith and understanding are unified, they make a powerful combination. A successful man has faith in himself. He has faith in his own indwelling Spirit and no faith in external things. The faith that you have in outer conditions serves to detract from the faith that you have in yourself.

Jesus had faith in himself, faith in God in the midst of him. He knew God and he understood man's divine nature. Through his higher self, through God in the midst of him, he could do all things.

In no way think of lacking faith in what you can do. Know yourself aright. Know that you have infinite ability and power. Know that you have wisdom and understanding. Realize that you have faith in yourself and in whatever you undertake.

If you want more faith, get a better understanding of your true nature and a better understanding of what faith is. We may define faith as confidence. We may think of faith in self as confidence in one's ability.

"Till we all attain unto the unity of the faith, and of the knowledge of the Son of God."

TUESDAY, JULY 14

Word for Today: *My faith develops and increases. I am growing in faith.*

The development of the faith faculty in the mind is as necessary to the worker in spiritual principles as is the development of the mathematical faculty in the worker of mathematics.—*Christian Healing.*

What we accomplish depends a great deal upon our faith, faith in ourselves. It is necessary, therefore, that we develop, use, and increase our faith. It must be unwavering, something to be depended upon with mathematical certainty.

Each time you exercise your faith you have more faith in your faith. It grows through your recognition of it. It flourishes under your acknowledgment and praise.

Developing spiritual consciousness causes the faith faculty to develop. Peter is symbolical of this faculty.

Each time you use metaphysical means in overcoming disease you develop more faith in metaphysical treatment. Each time you look to Spirit within for help, you grow more in faith in the power of Spirit within you.

Great men have always had great faith—faith in God, faith in mankind. They have succeeded because they have placed themselves on the side of faith.

Faith in a thing causes a man to see it as reality.
"According to your faith be it done unto you."

WEDNESDAY, JULY 15

Word for Today: *Fortified by faith, I see God's healing work now done in my body.*

The prayer of blind faith . . . is not the kind that Jesus used, because his prayers were answered.—*Christian Healing.*

Blind faith does not have the vision of faith. It does not see with eyes of faith. Jesus had such faith that even in prayer he could see the fulfillment of his desires. He could look past the void and see the fullness. He could see his prayer of faith accomplishing health and wholeness.

Faith helps one to make manifest that which he has seen with spiritual vision. Faith strengthens the vision. When one has the vision of health and adds faith to his vision, he carries the thought of health to the very cells of his body.

Your blindly expecting some divine power to heal you will not bring you health. You must have an intelligent understanding of the power.

Some attempts at divine healing fail because they are not based upon Truth. The individual does not receive health because he does not know what is true about God and about himself.

Make your prayer an intelligent perception of the truth about yourself. Realize that your physical wholeness is but the manifestation of the inner perfection of God.

"The prayer of faith shall save him that is sick."

THURSDAY, JULY 16

Word for Today: *I am faithful to the high vision and I clearly see my good coming into manifestation.*

We must have a certain amount of faith in the substance of the invisible, and in its ability to do our will.—*Christian Healing.*

If your faith is only according to what you perceive in the outer, you need to develop more faith. You must learn to see past physical appearances and hold to the high vision of the absolute. Your inner eye will catch the vision of that which, for the time being, is invisible to physical perception. Develop faith in the inner vision and be guided by it, not by appearances.

By faithfulness to your ideal, you cause your highest vision to manifest; you cause the ideal life to take the place of the life that dissatisfies; you cause abundance of good to come out of the invisible into visibility; you find yourself as a reality in a real world which heretofore has seemed but a dream.

Being faithful to the high vision is being faithful to that which is true in the absolute. This vision gives no thought to appearances in the world of limitation or to sense perceptions.

By holding to the high vision you can make it come into manifestation. The reality and the substance of your ideal become living realities in your conscious world.

"We walk by faith, not by sight."

FRIDAY, JULY 17

Word for Today: *I have faith in every belief that is constructive and good.*

We locate belief in the mentality, working in the thought realm without contact with the more interior substance of the Spirit, upon which true faith is founded.—*Christian Healing*.

Belief develops into faith. We can see the necessity for entertaining only those beliefs in which we can have faith. An intensive belief becomes a dominating factor in mind. It becomes identified with the innermost part of the mentality and grafts itself on to the forces of the mind.

When our belief in a thing develops to the point of our having faith in it, we virtually give ourselves to it, and it in turn becomes a part of us. We can accomplish that in which we firmly believe and in which we put our faith.

Entertain belief in good and you will develop faith in naught but good. Think thoughts of health and you will have faith in health; you will have such faith in health that you will no longer have faith in disease.

Be ready to have faith in other men and their work, providing their ideas and their beliefs are good and constructive. Have faith in good wherever it is found. Encourage others to have faith in themselves and to have faith in their good.

"If thou believest with all thine heart, thou mayest" (A. V.).

SATURDAY, JULY 18

Word for Today: *I have faith that I can do all things, through Christ.*

"Nothing shall be impossible unto you," if your faith is in Spirit, and if your work is in harmony with Divine Mind.—*Christian Healing.*

There is nothing to limit what you can do when your faith is centered within. Whatever man has done or can do, you can do. Those who have done great things have had faith in themselves, faith in their own indwelling Spirit.

To have the assistance of Spirit, you must do that which is in line with spiritual things. You cannot work at cross purposes with Spirit and expect spiritual coöperation.

You can do whatever you can perceive in spiritual consciousness as the thing for you to do. There are no forces or powers to thwart or hinder what you would do.

Your faith in your God-given ability causes the very power of God to work in and through you. Such faith causes everything to become obedient to the divine in you.

Your unlimited faith will reward you. The compensation will be as unlimited as your faith has been. You will see that in which you have faith brought into manifestation in a way that will cause you to marvel at the goodness of God and the fullness of his abundance.

"A faithful man shall abound with blessings."

SUNDAY, JULY 19

Word for Today: *I look to God and he is individualized in me.*

Individuality . . . is God come forth in greater degree through the soul of man, and all mere personality instinctively bends the knee before it in recognition of its superiority.—*Lessons in Truth.*

After the healing of the man at Lystra, Paul and Barnabas were looked upon as gods. The people thought that their gods, Mercury and Jupiter, had appeared. These people sought to worship the disciples and to pay them the honor that they had been giving the gods. Paul and Barnabas did not care for hero-worship and did not desire to have the people bow down to them.

Many spiritual leaders and healers have the experience of finding that their followers would make gods of them. Especially, is this noticeable after one who has had years of suffering experiences healing.

Always be grateful and thankful to a teacher or healer who has pointed the way to you but do not depart from his teachings so far as to worship his personality. The teacher or healer who knows Truth always credits his work to God, not to self.

See God individualized in your teacher as well as in yourself. See God individualized in all men. Look to God and your Godward vision will cause the divine to shine forth in yourself.

"Thou shalt worship the Lord thy God, and him only shalt thou serve."

MONDAY, JULY 20

Word for Today: *I am not concerned about appearances. I hold steadily to the vision of my highest ideal.*

He directs that his imagination shall not create things in his mind which have been impressed upon him from without. . . . the outer is not the safe pattern.—*Christian Healing.*

In studying the imagination, we are first interested in disciplining it, in keeping ourselves from letting outer appearances affect it, and in seeing that it is kept true to our highest vision.

The imagination is the faculty of visualization. We visualize according to external appearances or according to absolute truth. When we accept external appearances as true we make them part of our consciousness. When we hold to the highest ideal, we elevate our consciousness.

When we keep the imagination stayed upon the within, upon God in us, it becomes Godlike. It functions according to the highest spiritual truth.

When we cease looking upon things which are not the highest, the imagination does not become adulterated with that which is not according to truth. When we no longer let hate, fear, and adversity into our imagination, we no longer make mental images of such negative things.

God in us is love, joy, peace, health, and wisdom.

"Jehovah seeth not as man seeth; for man looketh on the outward appearance, but Jehovah looketh on the heart."

TUESDAY, JULY 21

Word for Today: *The image and likeness of God in me is now causing me to manifest perfection.*

By giving ourselves wholly to Christ and constantly denying the demands of the personal self, we grow into the divine image.—*Christian Healing.*

From the beginning, man has had implanted in him the image and likeness of God. Not perceiving Truth, he has failed to see the truth of this image and has given his thought to images or pictures of limitation and adverse conditions. Denying these false images and accepting in consciousness the images that are divine cause man to manifest the perfection of God.

By holding to the divine image of the Christ consciousness one causes it to express. Those who express health and wholeness have caught the inner image of perfection. They have seen the divine image and realized that they are like it. They have seen that the image and likeness of God is the image and likeness of spiritual man, perfect and whole.

Meditating upon the image and likeness of God within causes one to become like God. It causes one to accept the truth of this image and likeness in consciousness and to manifest it in his body. It causes him to grow and develop Godward in every way. God's image and likeness is within every man.

"Thou shalt not make unto thee a graven image, nor any likeness of anything that is in heaven above."

WEDNESDAY, JULY 22

Word for Today: *In all my thoughts and my acts I hold steadfastly to the perfect Image.*

I am striving in all my thoughts and ways to make the "image and likeness of God" manifest.
—*Christian Healing.*

In the very depths of consciousness you should hold to the perfect image; in all your thoughts this image of perfection must be uppermost. Whatever you do, see that you think of it as perfect. Strive to see perfection at all times.

The artisan who does perfect work has first the perfect mental image. By holding to this image he causes its perfect manifestation to appear.

Your metaphysical work is weak to the extent that you permit imperfect mental images to enter consciousness. It is strong to the extent that you keep the perfect image before your inner vision.

You need not work hard to make your thought manifest; you need to work only in disciplining your thought and your vision. You need to keep these clear and well defined.

One with a clear-cut idea of what he is going to do succeeds where others with vague and hazy ideas fail. The image that is blurred in consciousness cannot manifest perfectly. The health image tinged with belief in disease will not manifest as perfect health.

"He that standeth stedfast in his heart, . . . shall do well."

THURSDAY, JULY 23

Word for Today: *Only the good has reality, in truth. By seeing good only, I fill my life with good.*

Evil . . . appears to be all that we imagine it.—
Christian Healing.

When you know the absolute truth that only good has reality, belief in evil will find no place in your consciousness. When your consciousness is cleared of evil, you will no longer image it; you will not see images of evil objectified before you; your consciousness of good will cause good to be manifest in you and in all your affairs; the imaging faculty of your mind will cause you to see good at all times; your world will become so filled with good that only good will have reality.

Many people think that it is difficult to see good. This is because they have trained themselves to look for evil and error. They have unconsciously been looking right past the good in their search for evil.

If you fill your consciousness with evil, you will soon find that everything you see is colored with evil. Change your thought! Fill your consciousness with truth and good and you will see truth and good everywhere you look. The perfect image of good in your consciousness will discover its counterpart in the manifest. The perfect image causes the manifest to draw near to you and appear as your own.

"Let none of you imagine evil in your hearts"
(A. V.).

FRIDAY, JULY 24

Word for Today: *I am perfect man—
God's image and likeness of himself.*

Man is the "image and likeness" of God. He is the *I-am-age*, or the identical I AM of God mind in expression.—*Christian Healing.*

God mind meditates or reflects upon itself and the result is man, God's perfect idea, God's image and likeness. The perfect mind of man meditates and the result is the perfect idea of man. You are the perfect idea and perfect man of God.

Man identifies himself with God through the I AM. The I AM is the point of contact that God and man share in common. Without man's I AM consciousness, God would have no means of giving himself conscious identity and manifestation. Without God, man would have no I AM identity. Meditating upon the I AM helps to keep the divine image before the consciousness. It helps one to perceive his identity with God. It helps him to bring forth God's image and likeness.

The I AM helps one to link up with the highest spiritual forces. It helps one to visualize himself as that which the I AM represents, that which it is—God.

The I AM in you is the livingness of God. The I AM is Being itself. It is that which lives now and that in you which has always lived. Its perfection is your eternal and never changing perfection.

"In the image of God made he man."

SATURDAY, JULY 25

Word for Today: *I am true to God's vision of me—perfection! I see myself as God sees me.*

To imagine oneself perfect fixes the idea of perfection in the invisible mind substance, and the mental forces at once begin the work of bringing forth perfection.—*Christian Healing.*

Get the mental image of perfect man by viewing man through spiritual consciousness. Behold yourself as you are seen in the higher spiritual realms of mind. See yourself as the ideal, perfect man of God.

When you view yourself as imperfect, you see a distorted image of the true man. You look at God's image and likeness and see something other than what is true.

When you see yourself as perfect or see any man as perfect, you see with the eyes of Spirit; you see that which is spiritually true.

Each time you think of yourself as perfect you get a clearer realization of your perfection and it becomes easier for you to get more spiritual realizations.

Being true to the higher vision of man is being true to God. You cannot be true to God unless you are true to his image and likeness.

Refuse to see yourself or any man in any other light than the highest. You cannot get too high a vision of yourself.

"Ye therefore shall be perfect, as your heavenly Father is perfect."

SUNDAY, JULY 26

Word for Today: *All impure thought is removed from my consciousness. In Christ I am pure in heart.*

The pure doctrine of Jesus Christ has never been popular with those who like formality and rites in religion.—*Christian Healing.*

The Gentiles who had accepted Christ were importuned by the Jews to comply with Jewish rites and customs. The Christians had the inner revelation of truth; the Jews had grasped only the outer meaning and gave much thought to outer observances.

Paul looked upon circumcision as an outer ceremony typical of Jewish thought; he recognized the true circumcision as of the heart, as the act of removing from consciousness all that is impure and unspiritual.

In the International Sunday School lesson of today, we see the nothingness of the outer form of circumcision. We are directed to the inner purity of heart that results when all impurity has been removed from consciousness.

Outer ceremonies do not bring to one the inner revelation of Spirit and purity of heart; neither are such ceremonies necessary when one has gained the inner realization. All true initiation must be based upon the inner initiation, not upon external rites; one must feel the inner initiation and profit by it.

"Circumcision is that of the heart, in the spirit not in the letter."

MONDAY, JULY 27

Word for Today: *Through my spiritual will, I execute the will of God.*

The will is the executive faculty of the mind.—*Christian Healing.*

Through the will, we carry out the designs of mind. Will acts as an executive. It is the duty of the will to perform what the mind gives it to do. One of weak will is one who has not developed the faculty of executing the dictates of mind.

Will is spiritualized when it is freed from all tendency to be self-willed, to be desirous of seeing the personal will supplant all else. When this purification or spiritualization takes place, the individual will becomes the channel for the operation of divine will; it blends with and becomes one with the will of God.

The will, then, is not to be denounced or neglected. Without it one would have no means of carrying out the ideas and intentions of his mind. He would have no vehicle to execute his thought. He would be without means of expressing his ideas and of carrying them out into manifestation.

You must have a clear concept before you can hope to project it through will.

Turn your will, spiritualized through Truth, upon anything or any situation and you will see the will of God set into action, working out your affairs in divine order.

"The will of the Lord be done."

TUESDAY, JULY 28

Word for Today: *Through freedom of will, I am unhindered and unlimited in the exercise of my will.*

God does not dictate what shall be man's choice in this or in any other act.—*Christian Healing.*

Man has freedom to think and to will as he chooses. There is no power, not even the power of God, to interfere with this freedom. Man can think the truth about anything or else he can think a lie about it. God never forces himself upon man. The mind of God does not coerce the mind of man or attempt to regulate man's actions.

When God and man work together, man becomes the vehicle for the expression of the will of God. Man finds the will of God but his own highest ideal of will, hence he has no sense of being limited or hindered in any way by it.

While man has freedom to think and to will in any way he pleases, yet he does not enjoy freedom, in the absolute sense, until his will becomes blended with the will of God.

Through freedom of will, you are a free agent. You are free to establish in your life and in your affairs whatever you desire. In no way is your freedom circumscribed or hedged in. There is no power or authority to dictate what you should think or what you should will.

"Come now, and let us reason together, saith Jehovah."

WEDNESDAY, JULY 29

Word for Today: *I am free from the adverse beliefs of people. I am free with the freedom of Spirit.*

If you believe that you are under the control of another will, . . . your own will is gradually weakened.—*Christian Healing.*

Many people realize that Divine Mind does not compel them to follow its dictates, but they are bound by the delusion that the adverse thoughts of people affect them.

The adverse or malicious thoughts of a person do not directly affect another. Only one's fear and belief that another can work him harm can cause harm to manifest in one's life. Even though no one is thinking harm toward you, if you believe that you are receiving harm, you receive it. If you were the only person in the world and you believed that some one's malicious thought was affecting you, the action of self-hypnosis would cause you to inflict adverse thought upon yourself.

Take the attitude that people and their thoughts have no power over you, just as trees and rocks have no power to work you harm. If you believed that an oak tree were influencing you adversely and limiting your own will and expression, you would be bound by the belief and would limit yourself accordingly.

Those who study and teach the power of adverse thought fall victims to it, victims to a spurious science and a false philosophy.

THURSDAY, JULY 30

Word for Today: *Through the power and authority of the Christ will, I have command and control of self.*

The feelings and appetites and passions must be disciplined. They are not merely to be held in check by the will, but they are to be lifted up and developed through the Christ mind.—*Christian Healing.*

The Christ will is the illumined will within us. It is illumined and governed by spiritual understanding. When your will is Christlike, it has none of the qualities of the domineering personal will. The Christ will takes command of anything through spiritual understanding.

Do not try to use will power alone to overcome adverse tendencies. Redeem such tendencies through the illumined will. Discipline and command them in the name of the Christ. Think of the Christ will as belonging to you as much as it belonged to Jesus.

Take control and command of yourself through the Christ will and you have all authority and power to master yourself; no evil tendency can remain unregenerated.

When you command your thought, it is easy to command your emotions. When your thought is elevated, your appetites and desires are lifted up and redeemed.

"He openeth also their ear to discipline, and commandeth that they return from iniquity" (A. V.).

FRIDAY, JULY 31

Word for Today: *Doing the will of God,
I am successful in all that I undertake.*

It is through our minds in thought action that we shall find God and do his will.—*Christian Healing.*

By studying the action of your mind and your will, you are enabled to see the action of the mind and the will of God when you let them express through you. You come into conscious possession of God's will when you consciously lay hold of the divine will inherent within you. The will of self blends into the will of God.

When man works through the will of God, all that he does is successful; God at the center of his will becomes the center of success in all that he undertakes. By doing the will of God, man causes success to become active in his mind and in his affairs.

God's will for you is success. By thinking the truth you learn God's will and by expressing his will you find success expressed. Take the attitude that you feel God would take were he in your place and managing your affairs. Do what you feel his will would be. Think as you feel one would think who was directed by the higher will. Act as you feel that one whom God had prospered would act. Live in the very reality that your will has become the will of God.

"I seek not mine own will, but the will of him that sent me."

THE WAY OF SILENCE

Teachers of all ages have taught the way to overcome and have pointed out the way of illumination and of peace. The Chinese system of Taoism is built around a philosophy that deals with such a way. Hindus look for the Path. Christians seek the Way of the Christ. All teachers have pointed out a way which is so clear to them that it seems that we could almost find it geographically charted.

Many of the great teachers have ideas in common. They recognize the importance of turning from the illusions of the world and turning to spiritual truth within. They teach the way of silencing the thoughts that are not in line with absolute truth.

The way of silence includes not only entering the silence but it also takes in that life in which one lives apart from material and sense beliefs, cognizant of the eternal presence of the Christ.

What is the direction into the silence? The teachers give us varying directions. Some teach postures that they feel will help one to get still. All are concerned with the matter of helping students to silence the reports of the senses.

Jesus taught an absolute truth. He gave his followers such an understanding that quite often it was easy for them to dispel limiting thought from consciousness and to stand in the realization of mighty truths. They found the way of silence when they accepted the truth of Christ and let it put to silence the carnal and material thoughts of the race man.

The act of going into the silence is generally

thought to be enveloped in mystery; the act loses much of its mystery when we see that it is but a simple process of turning from tension and illusion to relaxation and truth. There is something about truth which gives one a feeling of holy awe; when one hears a great truth expressed one has a feeling of wanting to be infinitely still.

The way into the silence is most easily found when one knows exactly from what one is to relax. He must know that what seems to be an inharmonious condition is in reality nothing. For instance, if he wants to find the silence when in physical pain he must first know the absolute truth about health. He must recognize the nothingness of pain in the presence of the absolute truth about peace. When he can do this, the sense of pain drops from consciousness and is no longer outpictured as pain in the physical.

The silence is but a process of silencing one thing and giving the whole attention to another. In the silence one may ascend to such an exalted state that it seems as if he has ceased to think at all. He enters into that place where ideas exist before they come out to the thinking mentality. At times one may have the feeling that he has contacted infinite mind itself; he may have the experience of reaching a consciousness of dazzling light, spiritual illumination.

The silence is but our passport to that life in which we are continually in the silence. We are developing into that consciousness wherein we shall be silent to fear, hate, discord, and disease. The consciousness will be so purified that one will not be

able to think negative or limiting thoughts. He will be silent to the voice of error, deaf to discord, blind to disease, yet will his ear be attuned to hear the voice of Spirit, his eyes ready to behold the presence of God.

We often hear one say: "Oh, how I should like to get away from hearing and seeing all these discordant things about me!" To attain his desire, that one has but to learn the way of silence and walk therein, hearing harmony instead of discord, seeing beauty instead of ugliness.

If man would but try to be as impersonal as the flowers, the trees, and the rocks! We think of man as being more highly evolved than these, yet man thinks ugly thoughts and imagines ignoble things. And in a time of distraction, when he seeks to get away from man-conceived folly, how many a man has found God in the shade of the impersonal oak or in the presence of the impersonal rose!

The silences of nature have taught man the way of silence. Even the swaying of the oak seems to cradle man and to attempt to still his vain thought just as a mother tries to soothe away the foolish beliefs of her child.

When you reach the consciousness in which you can remain silent and see the nothingness of evil when it cries out for your attention, when you reach the plane on which you can see in every man the perfection of his Maker, when for you there exists naught but life and love and truth, then you may know that you have found the way, the way of silence, the way of overcoming, the path of peace and of light.

ll
d
e
f

e
-
t
k
g

e
n
n
s.
t
n
k

y
o
t
-

u
n
e
-
t
t
e
t.

M
Pa

To
he

A
\$.

W
be

G
a
q

I
v
c
n
t

LESSONS IN TRUTH

Makes clear the truths of practical Christianity. Paper, \$.75; cloth, \$1.50; keratol, \$3.

CHRISTIAN HEALING

Teaches the scientific laws by which Jesus Christ healed. Paper, \$1; cloth, \$2; keratol, \$3.

MISCELLANEOUS WRITINGS

A book supplementing "Lessons in Truth." Paper, \$.75; cloth, \$1.50; keratol, \$3.

THE THIRD ANNUAL UNITY CONFERENCE


Will be held in Kansas City, Oct. 4 to 17. Plan to be with us at that time.

THE NEW UNITY CATALOG

Gives a full description of our entire line of books and magazines. Sent to you gratis upon your request.

RENEWALS

If this copy of Unity Daily Word comes in a pink wrapper, your subscription has expired. Just write on wrapper, "Please renew," and inclose it with remittance. If you give this matter your early attention, you will save unnecessary correspondence.



Jesus Christ came to
emancipate mankind
from belief in bondage
and disease. He sought
to arouse men to de-
clare their independ-
ence, to proclaim their
liberty and freedom.

